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BRIEF DIRECTIONS
FOR THE USE
AND APPLICATION OF
A. F. COOPER'S IMPROVEMENT
ON

DR. E. CRAIN'S
SPINO-ABDOMINAL
SUPPORTER :

WITH
Remarks on the Diseases

FOR WHICH THE
INSTRUMENT

HAS BEEN FOUND
BENEFICIAL.

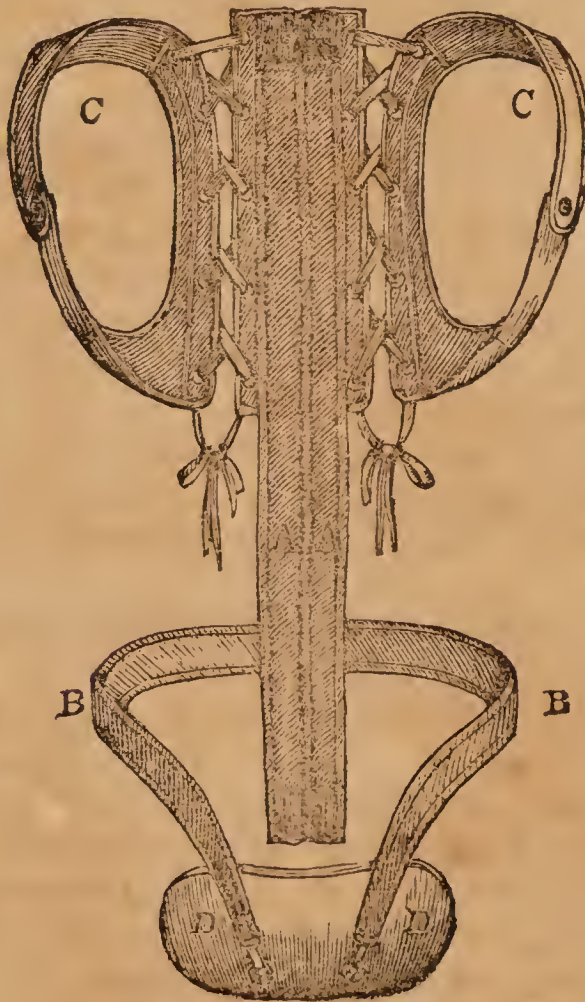


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Advantage of using the Shoulder Brace.

By taking up or letting out the lacing. This part should not be worn too tight at first. The worst cases of narrow and contracted chests can be expanded, so as to give free action to the LUNGS. The *Spino-abdominal Supporters* have received much approbation from the professional gentlemen to whom they have been made known, and have proved of great advantage to numerous persons who have used them. In proof of which, some letters and certificates, from highly respectable sources, are hereto subjoined. From some of these, will be seen how great was the benefit derived in some extremely severe cases, to which medical application of any kind could do little or no good, and in which no exercise could be taken, except with the help of this *mechanical supporter*.

Figure of the Spino-abdominal Supporter.



Explanation of the Figure.—A A, the main springs, passing up and down each side of the spine. BB, bows over the hips. CC, the shoulder strap, passing around the arms, with lacing, so that any person can tighten or loosen them, as they wish. DD, front pad, at the lower abdomen, looking backward and upward, **LIFTING**, not pressing the body.



THE SPINO-ABDOMINAL SUPPORTER.

This Instrument, formerly intended only as a remedy for Prolapsus or Proccidentia Uteri, is now, since its late improvements, extensively used in all those cases of general debility, in which weakness of the spinal column, relaxation of the abdominal muscles, and derangements of the digestive functions constitute the most prominent features. The constitutional languor and debility that often precedes, and always accompanies all the varieties of dyspepsia and other states of chronic weakness, extend also to the muscles of the spine and abdominal parieties, depriving the stomach, bowels, liver, &c., of their accustomed support, permitting these viscera to lie lower in the abdomen than nature intended, in some cases even to encroach upon the contents of the pelvis, causing, in females, displacement of the womb, the Prolapsus Uteri of Authors, with all its attendant evils; and in the other sex, that derangement of health usually designated *universal debility*.—an expression that conveys a very definite idea of the *feelings* of the patient, but not sufficiently explicit for the discriminating Physician.

One effect, therefore, of this state of the system, this chronic weakness, or general debility of the whole frame, is the same in both sexes, viz: relaxation of the abdominal muscles, depriving the contents of the abdomen of their ordinary support, and through weakness of the spinal column, to induce those changes in the chest that always precedes consumption, viz, the *stoop, prominent shoulders, feeble walk, &c.* But the ultimate effect is different according to the importance of the organs that suffer from the superincumbent weight of the displaced viscera. In the male, there is only the usual symptoms of the weakened digestive powers, with the feeling of languor and exhaustion that attend this state, but felt most intensely after an alvine evacuation. But in addition to this in the other

sex, the functions of important organs, peculiar to the sex suffer, known by symptoms of Prolapsus or displacement of the womb, with all its attendant evils. This effect of the gradual subsidence of the Abdominal viscera, and consequent encroachment upon the viscera of the pelvis being the primary, if not the sole cause of Prolapsus Uteri, and the restoration of the displaced viscera to their normal situation by means of external support, being the only effectual remedy for almost every variety and grade of the complaint, was well known to the venerable Scarpa, and has been ably illustrated by him and other eminent writers,* and their directions to apply support to the spine as well as the abdomen, are admirably fulfilled by means of the SPINO-ABDOMINAL SUPPORTER as at present improved, having a broad pad in front, supported by two lateral beautifully elastic springs, passing obliquely upward over the crest of each ilia, terminating in the two dorsal steel plates, extending the whole length of the spine, and so embracing the shoulders as effectually to support and prevent the awkward stoop and sinking forward of the chest that always characterizes this class of patients.

The effect of these dorsal and lateral springs, unlike the straps and belts that are sometimes made to encircle the abdomen in the same direction, compressing *above* the hypogastrium, and consequently increasing the *downward* pressure upon the pelvic viscera,) is to afford space for the contents of the abdomen to be raised to their natural situation; and the displaced Uterus, having "prolapsed," not by its own weight, but from the superincumbent pressure, being relieved of its unnatural burden, soon regains its healthy situation.

Besides those invalids whose back and bowels have been weakened by protracted disease, imperfectly treated Hernia, &c., and those who wear them as a remedy for different degrees of Prolapsus Uteri, there are particular *occupations* that render the spinal support of these instruments very desirable, if not almost indispensable. The exhaustion and weakness experienced by many Clergymen after preaching, is in a great measure prevented, and consequent debility very much lessened by the support afforded the spine,

*See Scarpa's *Traite des Hernies*, Burns' and Hamilton's *Midwifery*, &c.

stomach and bowels by these means. The same may be said of feeble young men, occupied in a standing posture at the writing desk, most of the day in counting-rooms. But no class have experienced greater benefit from the remedy than females in manufacturing establishments. Compelled from their occupation to stand much of their time, subjected a greater part of the day to a heated and vitiated atmosphere, with but little exercise in the open air, and affected also in some degree by the continual jar of machinery, it is not strange that in all their complaints, spinal and abdominal weakness, and other kindred affections of the stomach, bowels, &c., should early be manifested. The precursory symptoms of illness, in this class of patients, will generally be found to be this feeling of weight and sensation of sinking at the stomach and bowels which compel so many to exchange their employment for others less exposed to such debilitating causes, or to linger from one degree of weakness to another, till cough and other pulmonic symptoms close the scene. The comfortable support afforded by these Instruments, in many cases prevents, or greatly mitigates this train of evils, and with other correspondent precautions would save many lives and the services of many valuable operatives to their employers.

There is another class of persons for whom this Instrument is, perhaps, no less valuable; I mean those who are too frequently calling upon their physician for *plasters*, *liniments*, etc., for lame stomachs, lame sides, lame backs, &c., &c., complaints which more frequently occur upon a change of occupation, i. e. from active, out-door exercise to an apprentice in a shop; in the former, as of a Farmer, whose work is of so many varieties, that the body is not confined to any particular position for any great length of time, but every muscle is brought into action, consequently no *particular set of muscles* becomes *wearied and debilitated* by continued labor in one position, as is the case in many of the in-door occupations, as of the Book-Keeper, Tailor, Shoemaker, and many others, who, from long confinement in one position, contract lame stomachs, lame sides, &c., according to the class of muscles which become debilitated. Those who have been so unfortunate as to be thus afflicted, and have tried and used the Instru-

ment, speak highly in its favor, and many certificates might be produced.

The Instrument has been purchased by, and may be safely recommended as an article of *convenience and comfort* to, persons who perform either Carriage or Horse-back exercise. Those who are not able to endure continued exertion, as is the case with many females, may find great relief from the support of this Instrument, particularly in performing long journeys.

It must be evident, therefore, that recovery from any derangement of general health, if the weakness and debility induced by it extend to the spine and abdominal muscles, must be very slow, unless means be devised to afford, in some degree, to these organs the support, of which they have been deprived. The indication for the remedy is the same, and the effect not very dissimilar to that experienced in the application of the bandage or roller to debilitated limbs.

Instruments to effect this necessary support to the abdomen alone have been invented and manufactured by many, but this beautiful combination of the Spino-Abdominal Supporter, as at present improved, has never been accomplished but in the Instrument of Dr. Crain.

As in the case of bandaged limbs, the degree of benefit to the patient will depend very much on the proper application of the Instrument, and its judicious selection. Unless its size corresponds with the size of the patient, firmly embracing every part, and affording a sensation of comfortable and equal support, the object is not obtained, and relief will not be experienced.

In these recently improved Instruments, the uncomfortable apparatus for perineal support is wholly dispensed with, being of no possible utility except in extreme cases of *Procedentia Uteri*, which are comparatively of very rare occurrence.

A more particular and minute description of the complaints in both sexes for which the Instruments are now used might be given, but would be improper for general circulation, for which this is intended. The few hints given above will enable any one to judge of the propriety of purchasing one of the Instruments or not.

DIRECTIONS.



The only directions necessary for the proper application of the Instrument is, first to take off the front pad and affix the dorsal springs to the back by buttoning the elastic belt around and in front of the shoulders, then bring each lateral spring forward over the hips, at the same time pulling down the whole Instrument so that the dorsal springs will be perfectly adjusted in contact with the spine, and the lateral spring with the hips, no part of the instrument when properly adjusted being permitted to stand off from the body. The front pad is attached to the ends of the lateral springs by a very simple contrivance, so easily understood as to need no description, and should always be worn as low in front as possible without resting on the bone. The lateral springs can be raised or lowered to accommodate the Instrument to a long or short spine by turning the four screws in the dorsal springs *once round*, to the left; they can then be raised or depressed, but should be immediately confined again by the screws.

When personal application to the Agent is impracticable, the patient should send the number of inches round the body, which may be obtained by passing a tape round just above the hip bones. Those measuring 45 inches should send for No. 11,—42 inches, No. 10,—39 inches, No. 9,—36 inches, No. 8,—33, No. 7,—30 inches, No. 6,—27 inches, No. 5,—24 inches, No. 4,—21 inches, No. 3,—18 inches, No. 2.

I have examined Dr. Crain's Supporter and believe it better adapted to cases of muscular debility than any other instrument in use.

W. D. BUCK, M. D.

Manchester, Nov. 27, 1846.

I have examined Dr. Crain's Improved Spino-Abdominal Supporter, and concur in the opinion of those who have tested the value of the instrument for the several diseases to which it alludes.

Nov. 27, 1846.

P. P. BROOKS, M. D.

MANCHESTER, Nov. 27, 1846.

This may certify that I have been afflicted for five years past with spinal complaint and weakness, and after trying various remedies without effect, was induced to wear Dr. Crain's Spino-Abdominal Supporter, and am happy to say that it has afforded me perfect relief.

MARY R. MORSE.

Certificates.

Keene, N. H., Aug. 10th, 1844.

I have for several years been in the use of Dr. Crain's *Spino-Abdominal Supporters*, and for weakness of the spine and some kinds of distortion and prolapsus of the uterus, and abdominal debility generally, I have found it superior to anything of the kind I have seen. It is particularly useful for young persons of sedentary habits or occupations, to prevent distortion and other deformations.

AMOS TWITCHELL, M. D.

This may certify that I am well acquainted with the use and application of Doct. Crain's Improved Spino-Abdominal Supporter,—have tested its utility, and believing it may be made to accomplish what no other instrument in present use can do, and admirably adapted to answer every purpose for which it is designed, I cheerfully recommend it to the favourable notice of the Profession.

Concord, N. H., Oct. 7th, 1846.

THO. CHADBURN, M. D.

KEENE, Oct. 11, 1846.

We have been Agents for selling Dr. Crain's Spino-Abdominal Supporter from the time of its first being offered to the public; we have sold a large number, much to the satisfaction and relief of those who have used them; we think Dr. Crain's combination of Spinal and Abdominal support makes it superior to any other instrument of the kind now in use.

Yours, respectfully,

A. & T. HALL.

Windsor, Vt., June 26th, 1844.

Dr. Crain has shown me to-day, a *Spino-Abdominal Supporter* of his invention and manufacture. I am much

pleased with the instrument, and shall use it in preference to any other that I have seen. ED. E. PHELPS, M. D.,

Professor of Materia Medica, &c. &c. &c. at the Med. Institution, Dartmouth College, Hanover, N. H.

Woodstock, Vt. June 27th, 1844.

I have seen and examined Dr. Crain's *Spino-Abdominal Supporter*, and have no hesitation in saying that it appears to me admirably adapted to the purpose for which it is made. BENJ. R. PALMER, M. D., *Professor of Surgical Anatomy and Physiology at the Vt. Med. College,*

Woodstock, and at the Berkshire Med. College, Pittsfield, Mass.

Springfield, Vt., July 3d, 1844.

I have been acquainted with Dr. Crain's *Spino-Abdominal Supporters*, and used them for my daughter, and seen the beneficial effects of them in others, and am of the opinion that the combined support they render both to the spine and abdomen are well calculated to be of great benefit.

MOSES COBB, M. D.

Dr. E. Crain has exhibited to us his *Spinal and Spino-Abdominal Supporters*. We think favorably of them and believe they are superior to any article of the kind we are acquainted with now in use.

A. & T. HALL, *Druggists, Keene, N. H.*

ALBERT SMITH, M. D. *Peterborough, N. H.*

E. C. TORREY, M. D. *Windsor, Vt.*

Saxton's River, Aug. 20th, 1844.

I have examined Dr. Crain's *Spino-Abdominal Supporter*, and concur in the opinion above expressed.

R. A. SEVERANCE, M. D.,

Springfield, Vt., Sept. 3d, 1844.

DR. CRAIN:—You desire to know if I have received any benefit from the use of your *Spino-Abdominal Supporter*; if so, to what extent. In answer, I will say that for two years previous to last May I was troubled a great deal with a lame back, and a great portion of the time I was unable to work. I first injured my spine by working

hard, lifting, &c. in a furnace. After trying plasters and liniments and other remedies, all producing no permanent effect, I was induced to try one of your Spino-Abdominal Supporters, and the effect was, indeed, *more than I could anticipate*, for immediately after fitting it on, it seemed to give me '*a new Spine*,' if I may use such a term. I was able to do as much work as I could in my best days. I have since been at work in a furnace again, where I work 18 hours out of the 24 without experiencing any pain or trouble in my back.

AARON BISBEE.

I have examined Dr. E. Crain's Spino-abdominal Supporter, and it appears to me to be well adapted to the support of the body, in cases of muscular weakness and relaxation.

ALFRED C. POST, M. D.,
Surgeon to N. Y. Hospital.

Leroy Place, June 16, 1846.

I concur with Dr. Post in his opinion of the above named instrument.

J. KEARNEY RODGERS,
Surgeon to N. Y. Hospital.

From an examination of Dr. Crain's Spino-abdominal Supporter, I am induced to believe it may be useful in giving support in cases of muscular debility and relaxation.

JOHN C. CHEESEMAN, M. D.
Surgeon of the N. Y. Hospital, 473 Broadway.
June 25th, 1846.

OPINION OF PROF. MOTT.

M. HOLTON:— No. 1 Depau Place, July 12, 1846.

The Instrument contrived by Dr. Crain, which you had the goodness to send for our examination, seems admirably adapted for certain forms of disease. Prof. Mott thinks it very well adapted for some varieties of incipient Spinal distortion; it affords the useful combination of shoulder brace, and abdominal supporter, with very decided support also to the spinal column,

Very truly, your ob't serv't.
WM. H. VAN BUREN, M. D.

Dr. Crain's Abdominal Supporter is an instrument well adapted to its purpose. Its compression is agreeable and exerted in the proper direction, while its reaction on the Spinal column, gives it a peculiar advantage and entitles it to the character of an improvement.

July 13th, 1846.

AB'M. L. COX, M. D.,
No 11 Carroll Place, N. Y.

I have tested Crain's Spino-Abdominal Supporter in practice, and like it.

W. PARKER, M. D.

Professor of Surgery in the College of Physicians and Surgeons.

Oct. 3, 1846.

754 Broadway, N. Y.

Charlestown, N. H. Aug. 20, 1845.

I have carefully examined Dr. Crain's *Spino-abdominal Supporter*, and the principle of its application to the diseases which it is intended to relieve, and consider it as promising much utility, and decidedly superior to any apparatus for the same or similar purposes, which has come under my notice.

SAM'L WEBBER, M. D.

THE CORSETS.

Unquestionably there is not to be found among any people, whether civilized or uncivilized, another such contrivance as the Corsets. For, whilst it is answering the purposes for which it is intended, it is crushing, as with an iron grasp, the very vitals of existence.

By viewing a well formed and healthy individual, the expansion of the chest in respiration is observed to be extensive, free, and perfectly easy; just as nature designed it should be; so that in each inspiration, a sufficient quantity of air may be admitted into the lungs, to supply the demands for it.

Embrace that same chest in a pair of firm, well-made, and nicely fitted Corsets, and that extensive, free, and easy motion, which is of so much importance to animal life, is almost entirely stilled; and it is very plain to see that it is impossible to be otherwise, since the expansion of

the chest is produced by an upward and outward motion of the ribs; and as the direction of the ribs from the spine forward, is downward, it is very plain to see that the application of this contrivance will bind the ribs down tight, diminishing the cavity in which the lungs act, to its smallest capacity. And now it will be observed that if the lungs act at all, it must be in a different direction from which nature designed. Besides the little room they may find in the region of the lower part of the neck, they must act directly downwards, so that at each inspiration, a direct *push* is made upon the contents of the Abdomen, and there again upon those of the Pelvis. So it is very easy to conceive, at the same time that the lungs are compressed, and the foundation for a Consumption is laid, that the contents of the Pelvis are suffering from the pressure of the viscera above.

So the reason is very plain why this weakness in the region of the Pelvis and Bearing down, are frequently among the earliest symptoms of incipient Consumption.

Now it has been found by experience, that the most important end of the Corset is answered by the use of Dr. Crain's Instrument, as improved by A. F. Cooper, and this is effected in so happy a manner, that instead of being done at the expense of any Organ or set of Organs, it is really a benefit; and more particularly so far as the Lungs are concerned; for whilst the body is maintained in an erect position, instead of the ribs being tied, thereby the expansion of the Lungs prevented, the entire front of the Chest is left perfectly free, the Lungs expand to their fullest extent, and Life is maintained in a most healthy and vigorous manner.

THESE INSTRUMENTS MAY BE FOUND
FOR SALE, AT

